May 15, 2020
Issue #6

Shalina Nicohl Rankin of Fiery Maple Holistic

The Crazy Wisdom Weekly

shining a light in the dark
Published by the Crazy Wisdom Community Journal during the Pandemic.

The Crazy Wisdom Weekly

A Letter From Our Editor

The countdown begins…again. Do you believe it? Yeah, I think opening back up "normally" is kind of a faerie tale, too.

I ordered something from an arts and crafts shop recently in order to finish my graduate's t-shirt quilt. My husband picked it up but had a very strange meeting while performing this little task for me. He reached for the handle to open the door for the employee delivering the curbside delivery, when she panicked, dropped my order on the floor, and pulled the door quickly shut in his face. She then gestured for him to step away. He had to step six feet away from the doors before she would open the door and set the bag on the sidewalk. She then promptly shut the door and locked herself back in the store—"safe" from him. It was an inhumane encounter, but I have a feeling that we are going to see more and more reactions like this in the near future.

Imagine if we, as a community, reacted like this to every virus that rears its ugly head. Would we ever leave our houses or our small plot of grass? Would our children have friends? Get married? Have their own children? This time of quarantine has reminded me of nearly every YA dystopian novel from the last 20 years. *It started with a virus, people died, those in power squeezed their iron fist of authority on the people, the newly born were changed (or there were no children born), the world was never the same...*

What special powers will we see develop in our children? What iron fists will we see slammed into our liberties? Will drones replace the birds in the sky or our officers on the ground?

Just like in every dystopian novel, there will be that group of "rebels" who find creative ways to rebuild society. They will be legendary—and the only group who will survive, reestablish humanity, lift the world up spiritually, and repopulate the planet. When we read these novels we always root for the rebels against tyranny. So, my question for you is, what does it mean to you to be a rebel right now?

Jennifer Carson

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Our cover photo was taken by a fellow apprentice of Shalina Nicohl Rankin at the Scottish School of Herbal Medicine.

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Bill Zirinsky

Word of the Week:

Harbinger

Something indicating the approach of something or someone.

Because of Covid-19, we didn't publish our usual springtime *Crazy Wisdom Community Community Journal* in mid-April. (We will publish it later on in the spring.) But in the meantime, we thought we'd create a weekly online version—short, and lively, and perhaps a mild distraction for our local and regional readership. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, favorite places for socially distant walks, news of your dogs, whatever. Send your submission to Jennifer@crazywisdom.net.

The Gift of Breath

By Deborah Daiek

A lifetime is not what is between the moments of birth and death. A lifetime is one moment between my two little breaths. The present, the here, the now, that's all the life I get. I live each moment in full, in kindness, in peace, without regret.
—Chade Meng

Breathing is more than you may think. It is a gift we were given at birth to ensure a healthy body, mind, and spirit. Breath connects us to life. We take an average of 20,000 breaths a day, but breathing isn't something that we really ever think about. We inhale—we exhale. We don't realize how wonderful breathing is, until we can't. Right now, with the Coronavirus, breathing has become the focus of many discussions. We take it, or used to take it, for granted. If you are not breathing correctly, your body can be drained of oxygen, leading to many negative consequences. Our skin suffers without a flow of fresh oxygenated blood provided by deep breathing; our muscles tire more easily during workouts, leaving us constantly tired and lethargic. Poor breathing habits lead to poor cognition–leaving us unable to fully focus.

Breathing is a critical step in learning how to meditate, however it also plays a critical role in your health. Good breathing:

- Helps prevent insomnia
- Resets your nervous system – creating a state of calm
- Lowers blood pressure and the heart rate
- Supports detoxification
- Slows the aging process
- Boosts your immune system
- Aids digestion
- Increases the metabolism
- Improves circulation
- Fuels every cell in your body and wakes up your brain

Additionally, when you breathe deeply, good brain chemicals (endorphins) are released. (Twenty-percent of your oxygen is needed for your brain alone!) Learning to control your breath means you can learn to control fear and other negative emotions that may prevent you from achieving your current goals. Most importantly, deep breathing helps you manage everyday stress and enjoy life. Change does not happen overnight, but it is a day-by-day process. Here are two powerful, yet easy, breathing techniques to help you live a happy life–with a full heart and clear mind.

Technique #1

Triangle Breath: Calms the Body, helps you to unwind. Helps you to "re-boot" your body-mind system. It's good for those times you can't seem to turn your mind off.

There are nerve bundles under the diaphragm, attached to the bottom of your lungs. When you begin to breathe irregularly (shallow/rapidly) or not deeply enough, the nerve bundles can trigger a response in your body-mind system that may have the opposite effect of what you want...especially if you're trying to go to sleep, take an exam, or give a speech. The Triangle Breath technique is a way to "re-boot". It deactivates the alarm system within your body and calms your body-mind system. It is a great breath to lead you into meditation.

To begin, sit comfortably with your spine straight. Both feet flat on the floor. Relax your shoulders. Then, place your hands comfortably on your lap or loosely by your side. Take a deep breath, expanding your chest/ribs as much as possible, then complete a deep double-exhalation—open mouth making a "ha ha" sound as you exhale. Push all the air out with the "ha ha" exhalation.

Next, inhale, to the count of five, breathing into your belly. Hold to the count of five, then exhale to the count of five. Repeat for four more rounds. Gradually increase the count—holding and exhaling as long as you are able.

Technique #2

Cooling Breath: A quick and effective technique to calm the body –great for adults/children who are afraid or anxious.

Raise your index finger and blow like you're blowing out a candle. Inhale to the count of two, and exhale to the count of four, quickly pushing out air…again like you are blowing out a candle.

Deborah Daiek, Ph.D., is a licensed vibrational sound therapist. For additional breathing activities and information, please visit Daiek online at Mindtation online and listen to their podcast, The Morning Startup. The Morning Startup is a conversation between members of Mindtation and occasional guests that focuses on five touchstones of success: meditation, mindfulness, breath, sound, and intuition.

5 QUESTIONS FOR Douglas Madaras

When did you first consider yourself an artist?

From my earliest years as a kid I was always into tearing things apart, seeing how things worked, using my hands and tools, building models, salvaging materials from construction sites, and building forts. My mother influenced me through her craft interests and books on architecture and Native American ways of life. I took art and shop classes in high school, but never considered myself as being an 'artist'. I thought it was just something we did. Being self taught in construction trades I moved into building props and sets for film and video in the mid-eighties. My creative skills expanded into a way of expression, a way to advocate for nature, native peoples, and those subject to injustices. I saw art as a tool. It was then that I embraced the idea that I was actually an artist.

Thumbs up: Wood relief with penny detail mimicking comic book ink style. LED backlit.

What was the biggest roadblock you faced to becoming an artist, and how did you overcome it?

I was stunted mostly because of a lack of education, mentoring, and professional training. I do not have degrees in art or design. I have many friends and family who spent years in higher education to learn and hone their craft. I often judged myself as being less than the educated. I also had financial constraints which stemmed from joining the Army at a very young age, followed by getting married and then divorced with two sons close in age. It was all about survival for many years. I became a traveler of sorts—volunteering time to non-profits and taking odd jobs. I ended up in Asheville, North Carolina where I began to feel supported and seen as a talented designer-builder, and eventually had an art studio with many artists working beside me. But, no matter how "successful" people viewed me, I still felt "less than." I also have a problem promoting and charging appropriately for my work, so, that pretty much kept me from being more in the art world. What I do have is a stream of designs and information that flows through me constantly, needing and wanting to be created. Thankfully someone saw the skill and talent in me and invested in my home art studio in Ann Arbor. All artists need the support which I finally have. I feel gratefulness daily, even if I do not have exhibits or shows like many artists do.

What inspires your work?

I take inspiration from an inner guidance and from my relationship with my wife and partner, Angela. She has encouraged and pushed me in this way. I also am moved by nature, life, and the miracles within them. I am moved as well by global issues, social injustices, failings, and wins. All that we each face daily fills me with inspiration in one way or another. I am an emotional being, and work to express that emotion in visual, tactile, and thought provoking ways. To be honest, much of my current work is inspired by my six months of experience as caregiver to my wife while she almost passed away during in home hospice care. She had a brain injury and shared things that touched a spot deep within my being. Designs grew out of that experience and my own life's lessons.

Do you make a living from your art or do you have a day job? If you have a day job, what is it?

I am hesitant in answering this question. I have health issues, as does my wife, which limits what I am able to do. I have recently begun a new work of art with several "lines" that have been in progress for many years. I am now starting to market my artwork. With all the challenges of current affairs, we shall see how I do. I sell artwork and I have had success in the construction, design, and renovation worlds. I am very blessed to have extremely generous clients and patrons, and supportive family and friends. I also donate a lot to local hospitals, University of Michigan Gifts of Art, and Cancer Center Art Therapy, as well as Hospice and others. I have gained exposure and an award from Detroit Home Magazine, but I find that written promotions, and being in shows, or winning awards means very little in the way of business. I am not a business person, so that is something I am learning in my older years. This year will be the first time I will make my true artwork available for purchase online. Our property—home, gardens, studio, and health take priority and dictate what I do each day. Art is a big part of my life. I wish to share it with those who can appreciate and enjoy it. My goal is that I bring people joy, hopefully uplift, touch, and inspire them. At the very least, I'd like to provoke thought and emotion.

Wood relief with copper vine. Part of Madaras's getting back to basics and testing new skills phase. An organic mix of a modern day commercial symbol which reads 'LOVE' with a bar code scanner.

Do you have a dream project? What is it?

One of my greatest joys has been working with young people, both those talented and skilled and those yet to be discovered. Many of my architectural works were accomplished in part through those who I had taken on as apprentices. A self discovery process seems naturally built into each project. I manage those who are willing to learn from my experience quite well, and hope to teach them without having to go through the painful learning curves I endured. My dream job would be to design a large scale art installation that reflects the possibilities of a better world and do so via a group of young people—to pass on to them my experience, and a realization of their own potential. Additionally, I desire to create my one of a kind large art pieces–installations which are screaming to be created when the time is right. I have been collecting objects and have begun the design in my head on paper. I trust the perfect client and space will present itself and I will be up for the challenge.

Douglas Madaras lives with his wife in Ann Arbor. You can see more of his work on his website www. madarasdesign.com.

Zambra in Asheville, NC, is a tapas and wine bar. Madaras created a free form hand sculpted entry design in what was once a utility basement in the historic Asheville Hotel.

Binary wood block relief cuts arranged to represent 'OM". Inspired by Madaras's need to get back to basics and to express the sacred in modern technical terms.

Local Music and Online Concerts!

Singer and songwriter, Beverly Meyer, is a soulful writer and performer who draws from her vast experiences through a 30 year career in music. Her songs are insightful reflections of everyday experiences. Inspiration can stem from a glorious piece of pie or a worrisome night waiting for her love to return.

She weaves beautiful melodies with her outstanding vocal prowess that leaves you simply wanting to hear more. Writing the songs is something she takes great care and joy in creating, but performing the songs is where the real magic happens.

Influenced by performers who can draw the audience in and capture the moment, she studied the styles of legends in jazz, pop, blues, and folk. Spinning stories and conversations about her songs brings a charming flare to performances that audiences enjoy. The songs speak for themselves and transform ordinary moments into memorable melodies.

Learn more about Beverly Meyer on her website, beverlythemusiclady.com or visit her Facebook page for Thursday night songs through the month of May.

Crazy Wisdom Book Pick of the Week

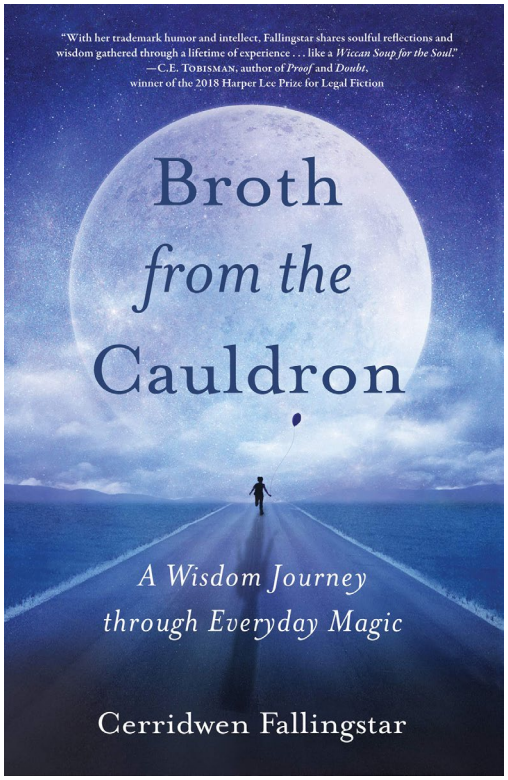
This week's book pick of the week is from *Crazy Wisdom Community Journal* Design and Production Editor, Carol Karr.

Broth from the Cauldron:
A Wisdom Journey Through Everyday Magic
by Cerridwen Fallingstar

Broth from the Cauldron is a collection of "teaching stories," a literary Wiccan soup for the soul. It is a distillation of the wisdom Cerridwen Fallingstar has gathered from her journey through life, and from her forty years as a Shamanic teacher and Wiccan Priestess. At turns poignant and humorous, it chronicles her trajectory from a Republican cold war upbringing to Pagan Priestess, offering a portrait of a culture growing from denial to awareness. Accessible to any audience interested in personal growth. *Broth from the Cauldron* is for anyone who's ever stood at the crossroads wishing a faery godmother would come along and show her the path.

You can purchase this book through Crazy Wisdom's online shop.

Click here to purchase a copy of *Broth from the Cauldron*.


"With her trademark humor and intellect, Fallingstar shares soulful reflections and wisdom gathered through a lifetime of experience . . . like a *Wiccan Soup for the Soul*."
—C.E. Tobisman, author of *Proof* and *Doubt*,
winner of the 2018 Harper Lee Prize for Legal Fiction
Broth from the Cauldron
A Wisdom Journey through Everyday Magic
Cerridwen Fallingstar

From Our Blog

Forgiveness Is for You

By David Lawson

Forgiveness is sometimes thought of as a nice thing to do for others, sort of like giving a birthday present or a Valentine's Day card. Of course, it is a wonderful expression to offer to another human being, but the fact is that it will always be a largely superficial gesture unless based on self-forgiveness. In my life, I find that it is not something just nice to do; instead, it is as essential as breathing.

Forgiveness involves the relinquishing of resentment, which is one of the biggest obstacles to personal growth and happiness. Resentment literally means "feeling again." It is an example of a "second arrow" pointed out by the Buddha in one of his discourses. There, he describes how crazy it would be if a man, shot with an arrow, were to respond by first trying to figure out what the arrow was made of, who shot it and why, all before removing it from his body. In so doing, he would effectively be "shooting himself" with a second arrow of his own making because of his proliferation of stories around the primary pain.

So how do we pull out the first arrow? Much of the pain of the arrow is due to the suffering that is present in us before its arrival. So it gets stuck in some really tough tissue. As it turns out, the most effective way to remove the arrow is to let the tissue loosen up a little. And surprisingly, this is best done through feeling the pain of the arrow as fully as possible. It doesn't seem like this should work, does it? However, what we find is that when we can feel the pain fully, we also get to see all of the other aspects of our lives to which it is connected. Seeing the web of connections allows for an understanding that there really is no single pain existing as a thing, no solid and sovereign entity. When this is discovered, there can be an uncontrived opening of compassion for the self that has felt so overwhelmed by things for so long!

We resist offering forgiveness to ourselves because we think it means letting ourselves "off the hook" undeservedly. Yes, it is a way of letting ourselves off the hook, but no, not undeservedly. Nobody "deserves" to suffer. If we never learn to forgive ourselves, then we will simply continue to create the myriad patterns of violence that weigh us down on a daily basis (the greatest of these being the unwillingness to remain present in the face of our own difficulties).

Try this simple forgiveness meditation suggested by David Lawson in this article from our blog.

David Lawson is co-founder and lead teacher with Still Mountain Meditation Center, which holds classes and retreats throughout Southeast Michigan.

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Jan Pemberton; Grand Master Teacher

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Artwork by Jennifer Carson. See more of her work on her website, thedragoncharmer.com.

What's Up in Our Community

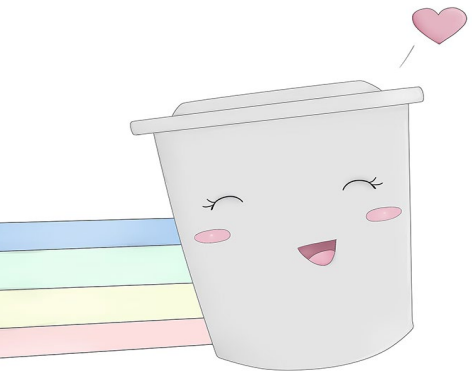
The Crazy Wisdom staff has missed seeing and interacting with many of you during our period of quarantine and we wondered what you were up to—so we asked!!

Kath Weider Roos and her husband, John Roos, own RoosRoast Coffee. Kath also teaches voice and improvisation, and facilitates music meditation gatherings.

You guys tried valiantly to keep Roos Roast open, but had to close the business temporarily due to the governor's orders. How are you filling your days?

We did close our Liberty shop [to customers], but we remained open, roasting beans. We've gone through a lot of stages, experimenting with what we could safely do. So, we've been busy reinventing ourselves, pivoting, moving our service online and more. We are keeping the grocery stores stocked with beans and fulfilling bean orders on the webstore for postal service and for local pick up. We recently started up a drink service again at the Rosewood location after creating a walk up take out window so our staff can feel safe. All of this constant changing, reading the tea leaves, figuring out next steps, setting up new systems, information for our customers and for our staff—it is a lot of work behind the scenes.

When you find yourself feeling blue and isolated from friends and everyday chit chat with customers, what do you do to feel better?



Personally, I am an introvert, so any time to be alone is welcomed and cherished. Since we've been pretty busy, I actually have less of this now.We are basically homeschooling our son, so this is a huge add-on to my day! So, can't say I'm feeling isolated or blue at all.

What daily habit have you changed that you'd like to keep when this period of quarantine is over?

It's not quite a daily habit, but the general focus inward, on the home, toward our singular family, without the pressures of outside "to dos", is really lovely. There is something profound about taking away all options and external obligations. Our creative life feels more vibrant, free, and authentic.

When this period is over, what is the first thing you want to do that you haven't been able to do?

Making music with other people, live and in person—I do miss that. It's a place where the technology doesn't fill in—there is still no way to really make music/harmony, together [without being in-person].

What one guilty pleasure have you indulged in while in quarantine?

I'm married to John Roos and he's really an amazing chef. He's totally embraced this role in the time of COVID lock down and is cooking us truly fantastic, amazing meals every day. I don't have to do a thing!

COMFORT FOOD

Mushroom Quesadillas

By Angelas Madaras

Many people love quesadillas and almost every menu has some form of it. I found a mushroom quesadilla recipe a few years ago, but forgot who created it, so I decided to make it my way with what I had on hand. Luckily, I was able to re-create the recipe almost exactly, but with whole wheat tortillas instead of white flour, and wild harvested mushrooms mixed with store bought. Makes a great quick snack!

Ingredients:

Your choice of tortillas
Grated cheese
Avocado
Onion or scallions
2 Tbs. Garlic
Mushrooms—fresh are best, but canned work, too
Salsa, sour cream or plain yogurt, hot sauce or pickled jalapeños

Cook mushrooms, garlic, and onions in a non-stick pan with olive oil and a tad of salt and pepper until soft. Place them in a bowl.

Add more oil to the same pan. Lay a tortilla in the oil, just to coat one side, let it brown up a bit, then set that tortilla aside. Add another tortilla to the pan, make sure there is ample oil but not too much, and then begin to top it with all your ingredients.

Place the first grilled tortilla on top with the oily side facing up. Turn heat down to medium-low and allow the cheese to melt. the melted cheese will keep the whole quesadilla together. Slide it onto your plate. Add salsa to the side and dive in.

You could add all kinds of condiments, lettuce, guacamole, and cilantro if you have those available. Kids love these, too, and quesadillas could be dinner instead of a snack if you add steamed rice or roasted vegetables, a fresh salad, and beans. In this way you get all major food groups!

Artwork by Ani Daher. See more on her Instagram page.

By Jennifer Carson

In 2018, after 20 years as a marketing-communications professional you left it all behind and went to Scotland to complete an Herbal Medicine Apprenticeship at the Scottish School of Herbal Medicine on the Isle of Arran. What made you take the leap?

For the first time in my adult life I had a job that I truly loved. It was exactly what I had been struggling to land over the course of my career. The work was challenging and varied and what I loved to do. Branding, marketing, and the like. I was head of my department, reported to the C suite, and had much autonomy to pick my projects, my coworkers were awesome. It was a highly respected well-funded nonprofit. I should have been thriving, but after four years, I was getting increasingly miserable, it seemed like the walls were closing in.

So, I started meditating a lot. One weekday I'd taken a mental health day, and spent the entire day laying in my garden wondering what was wrong with me. And as I was meditating the plants told me to go to Scotland and study plants. Which, I realize, makes me sound a little loony. This was only the third time plants had sent me a message, but it was the most dramatic time.

I'd never been to Scotland and certainly did not think Scotland would be my next trip. But, it *was* on my bucket list. As a Rankin (we are descendants from a Presbyterian abolitionist and Underground Railroad Conductor, Reverend John Rankin), I had family ties to Scotland, and expected that I would eventually visit. I always planned to explore the lands of my ancestors: Africa, Scotland, and North America. The plan was to start with Africa, but I was willing to listen to the plants.

I'm a huge procrastinator, but for the first time in my life I acted immediately. I went inside, searched 'herbal apprenticeship Scotland' and the first result was the Scottish School of Herbal Medicine. I was shocked that they were accepting applications. There have been so many times I've come across a program or fellowship I was interested in, but the timing would be off, and by the time the application period reopened I'd forgotten about it, or lost interest. This was different, the timing was perfect.

I applied that same week. It was all a whirlwind. Looking back, it was meant to be and several years in the making. I'd left Chicago (even though I'd loved it) because I started feeling nature deficient. I called Chicago 'city jail'. The first summer after I moved back to Michigan, I spent time wildcrafting and foraging, making medicine, going on plant walks and such. The next summer I took an herbal remedies course at the Habitat Reskill Center of Ann Arbor with Master Herbalist Peggy, and started taking online courses, and attending conferences like the Women's Midwestern Herbal Conference. I rediscovered my family's library of herbal medicine books. Books that I had read a bit of growing up. For the first time I realized it was a family interest. I never thought of my family as a family of herbalists, but my parents, grandma, aunt, and uncle all are big proponents of natural health remedies, and that is what we used. We didn't use pharmaceuticals. It was fortunate that we were able to address most of our health needs naturally, but when you grow up that way you don't think of it as a skill set.

You had a soft opening for your new practice in January. How have you had to adapt your practice since our state lockdown on small businesses?

Under the current 'Stay Home Stay Safe' directive, Herbalists are not considered essential health care, thus my physical office on Packard Road is temporarily shuttered. Fortunately, HIPPA tele-health regulations have been greatly relaxed and I can now use technologies like Zoom, Facebook, and Google to see clients virtually. Surprisingly, the clients who have tried it have found it successful.

The first couple of weeks of the shut down my business completely stopped. No one was scheduling any appointments. Since mid-April it has very slowly picked up, which has been very promising, and makes me feel incredibly grateful and hopeful.

What does a first consultation with you look like?

I have a variety of services, but the Initial Health Consultation is a two-appointment process. We spend a lot of time going over the full history of the person's health concerns. The ability to take our time and assess the client's entire life helps us ascertain the root cause of the distress versus addressing only the symptoms.

I let the clients really talk and get out everything they want to say about their concern. Its very rare that they have been given the space to do so in a clinical setting. Most doctor appointments last 15 minutes. This gives me a chance to use my observational skills. How is the client walking, talking, making eye contact, breathing? What is the essence of them? I also want to know what fires them up, inspires them, grounds them. Do they think they have a life purpose? Are they living it?

Next, I'll give them a blood type test. Knowing a client's blood type is beneficial in determining nutritional needs and deficiencies. There are certain autoimmune diseases and health concerns that show up in different blood types at different rates. It is also immensely helpful in determining which foods should be avoided. Next, we will use muscle testing techniques to determine which herbal protocol will be most helpful. Typically, this process takes one and a half to two hours. No rushing allowed.

In chronic conditions it is rare that something is only genetic or physical. Lifestyle, mentality, emotional and mental health are often key. If we do not address those, we miss the whole picture. This is where natural health practitioners really shine. We have the time to sit with a client.

My Initial Health Consultation includes a complimentary 30 minute follow-up appointment. It is very important to me, to know how the client is progressing. Also, in more complicated cases, when someone is on many medications that I'm unfamiliar with, it gives me the opportunity to conduct comprehensive research on herb/pharmaceutical interactions. There will be times where the client won't get their suggested protocol until the second appointment. This is less likely if they fill out their medical history documents beforehand.

I loved reading the Fiery Maple philosophy. Tell us a little bit about how you came up with your philosophy of care.

Thank you so much. I spent a lot of time thinking about it and examining different oaths and approaches. It is an expansion of the classic Hippocratic oath and the Naturopathic Medicine Vitalistic principles, combined with my personal philosophy. In my opinion, our modern medicine approach sets the doctor up as the knowing expert and the patient as the dutiful follower. It takes much of the power and personal responsibility away from the patient. Of course, medical doctors have wonderful expertise that should be considered, but I think the partnership approach is more effective.

I want to help people thrive, not feeling terrible isn't enough. That can't happen if a person does not realize how powerful they are, and if they aren't willing to go beyond just popping a pill or taking an herb. Also, with womenfolk, we often know but don't live by the adage to put on our oxygen mask first. One can't get better if they don't take time the time to care for themselves.

And lastly, so much of our human need is in connection with others and being part of a community…a tribe. If we don't cultivate that we are missing out on a huge health booster. The Seventh Day Adventists in Loma Linda California have their own blue zone (places in the world where people have longevity and life long health). Most researchers believe much of their health success is due to their thriving community.

What daily habit have you acquired during this period of quarantine that you'd like to keep when it is lifted?

Daily reading, writing, and walking. It's very basic, but it has helped me get back to myself. I'm an information junkie so the internet is my catnip. I can easily find myself scrolling for hours and then feeling frazzled and grumpy afterward, but the reading of actual books that I hold in my hand leaves me feeling much different. I hadn't read poetry in years and I'd forgotten how much I loved the smell of paper and the tangibility of holding a book instead of a tablet. Plus, reading paper doesn't fry my brainwaves the way reading on the internet does. With books I don't find myself on some weird corner of the internet wondering at humanity.

My childhood dream was to be a writer. Weird that I'm sharing this with the world, since I don't think I've ever told anyone. By the time I was in middle school I'd moved onto wanting to be the ever-popular marine biologist, but my very first dream was to be a writer. And I've been doing that every day in some form, whether journaling, writing poetry, or working on a collection of stories from my time in Scotland, and on Facebook every Sunday I've been posting what I call a *Quarantini Qhronicle* where I sum up what has been on my mind the previous week. All of this newfound time for writing has been very satisfying.

And the walking. I live in a very walkable neighborhood. It seems the entire neighborhood has been walking, and like the weird person I am, I walk with a stick that I throw around and twirl like a baton. I had a stranger ask me if I was a majorette in high school. Best compliment of the quarantine!

Photo by Thernesa Rankin

Rankin is a native of Washtenaw county. She holds a B.A. from the University of Michigan and is currently studying to become a Naturopathic Doctor at The Naturopathic Institute of Therapies and Education. Visit her online at fierymaple.com for more information.

The Crazy Wisdom weekly Calendar

Health and Wellness

Ann Arbor Death Cafe • May 18 • 10:30 a.m. • All adults welcome to this open conversation led by the participants. We will break into small groups for the first hour, then have a large group discussion for the second hour. This is not a grief support group. For a description of Death Cafe, visit DeathCafe.com. Contact Merilynne Rush at thedyingyear@gmail.com for the zoom link to join.

Sound Bath Meditation

Greet the new dawn: sound bath meditation • May 15 • 10 a.m. • Join Licensed Sound Therapist, Rob Meyer-Kukan as the sound of singing bowls, chimes, and other instruments welcomes the new day and we greet the new dawn! This sound bath meditation will assist you in setting a calming intention for the day and weekend ahead. This Facebook Live will take place in the feed of his Facebook page: www.facebook.com/robmeyerkukan.

Release: sound bath meditation • May 21 • 7 p.m. • Join Licensed Sound Therapist, Rob Meyer-Kukan for this online sound bath meditation. There is comfort in knowing that you are ultimately in control of what you allow to influence your person. In this time of sound therapy we will dig in to allow our body, mind, and spirit to recognize and release that which no longer serves us. This Facebook Live will take place in the feed of his Facebook page www.facebook.com/robmeyerkukan.

Virtual Meditation, Yoga, and Martial Arts

Online Beginning/Supported Yoga • May 20 • 10 a.m. • Yoga for Beginners or any person interested in the fundamentals of yoga taught in a supportive manner with Sue Salaniuk. Contact sue@yogaspaceannarbor.com for more information, or visit yogaspaceannarbor.com.

All Level Online Yoga Class • May 18 • 9:30 a.m. • Yoga for all levels (one session experiences please) with Sue Salaniuk. Contact sue@yogaspaceannarbor.com for more information, or visit yogaspaceannarbor.com.

Online Experienced Intermediate Yoga • May 18 • 6 p.m. • Yoga for experienced intermediate students with Sue Salanuik. Students are expected to be familiar with how to do inversions or an appropriate alternative. Contact sue@yogaspaceannarbor.com for more information, or visit yogaspaceannarbor.com.

Shamanism

Journey Circle • May 21 • 7:30 p.m. • Virtual Shamanic Journeying for community and self-healing with Judy Ramsey. Email ramsey.judy003@yahoo.com for a ZOOM invitation and password.

Crazy Wisdom Weekly Calendar Submissions

Because of the coronavirus shutdowns we realize that many scheduled classes, workshops, and trainings have been cancelled, changed, or virtualized. We'd like to help you get the word out!

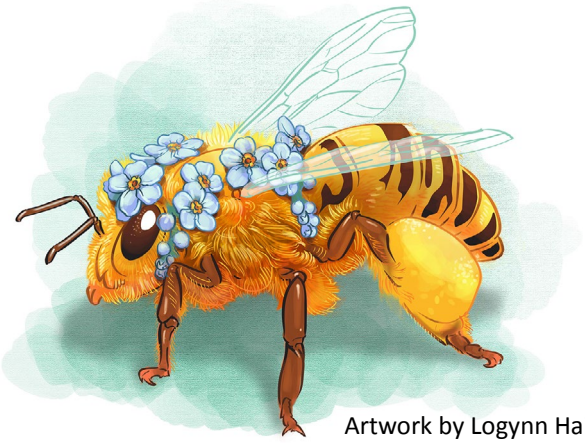
If you have a virtual event that you'd like us to publicize in our *Crazy Wisdom Weekly* e-zine, which comes out every Friday morning, please let us know. The deadline for listings is Monday morning at 10am.

At this time, we will only accept listings for virtual events. We will accept calendar submissions for events taking place on the Friday of publication through the next Thursday. For example, if your event takes place on Wednesday, June 3rd, it will go in the Friday, May 29th edition, and the listing must be received by Monday, May 25th at 10 am.

No late submissions will be accepted.

Please do not send us submissions for something happening two months from now as there is so much uncertainty at this time that we'd like to keep the submission window short. Hopefully, at some point, we can open that window up.

Please submit your calendar listing through this Google form for the Weekly.



Artwork by Logynn Hailley

Please be with me in weakness. Please be with me in strength.

—Laurel Decker Hogge

laurelwellness.org

Photo by Samuel Scrimshaw on Unsplash